



Vol. VIII Issue 71

November 11, 2008

In Today's 5 Star

Pages 1, 5

A Time to Honor, Respect and Thank Those Who Served Before Us

Page 2

Son of Texas is Thriving on National Stage

Questions of the Day

Pages 3, 4

IKE's Chemical Warfare Shop Helps Keep Ship Ready to Fight

Page 5

Sailor in the Spotlight: IT2(IUSS) Michael Motley

States Tighten School Standards on Nutrition

Page 6

IKE's Movie Schedule

Africa Agrees to Send Cnog Military Advisers

IKE Weather

Today

High: 58

Low: 46

Sunrise: 0628

Sunset: 1651

Partly Cloudy



Tomorrow

High: 55

Low: 46

Sunrise: 0629

Sunset: 1650

Partly Cloudy



A Time to Honor, Respect and Thank Those Who Served Before Us

By MC3(SW) Patrick Gearhiser

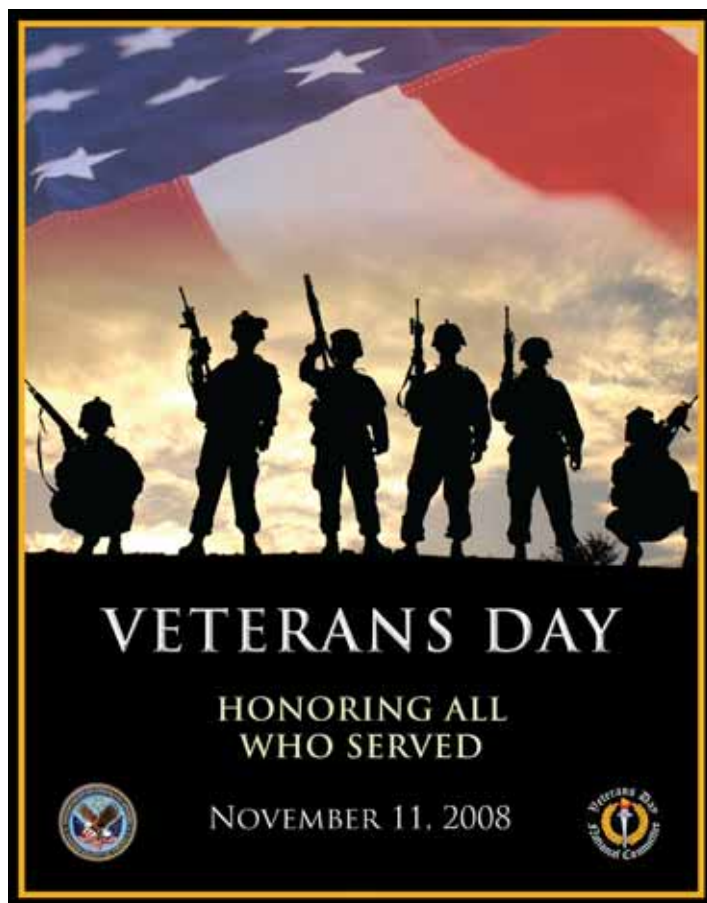
—5 Star Staff Writer

On the eleventh hour of the eleventh day of the eleventh month, November 11, 1918, an armistice was declared between the Allied Nations and Germany. This marked the end of hostilities in what was the most destructive war in history to date, World War I.

One year later, President Woodrow Wilson declared the date as Armistice Day, a day set aside to honor those who fought and died for America.

"To us in America," President Wilson said. "The reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

As time passed and America found its resolve tested in World War II, the Korean War and others, the need arose to extend the honors to military members that had made the ultimate



sacrifice.

The 83rd Congress convened in 1954 and amended the original proclamation of Armistice Day with a measure to change the name, replacing armistice with veterans. Now, Veterans Day is used to honor all veterans by removing the exclusive reference to

World War I.

Both houses of Congress approved the measure and on Oct. 8th, 1954, President Dwight D. Eisenhower issued his own proclamation of the holiday.

"On that day," President Eisenhower said. "Let us solemnly remember the

VETERAN Continued on Page 5

Sports Corner

Son of Texas Is Thriving on National Stage

By *Pete Thamel*

— Courtesy of the Times Digest

LUBBOCK, Tex. — From the glare of the Friday night lights to the size of the oil fields and cowboy hats, the axiom that everything is bigger in Texas rings especially true on the western plains.

But even the wildest optimist could not have fathomed what is unfolding at Texas Tech, which has emerged as the darling of the college football season. Coach Mike Leach has the Red Raiders (10-0, 6-0 Big 12) barreling toward a spot in the national title game, and the senior quarterback Graham Harrell is a favorite to win the Heisman Trophy.

It is fitting that much of the credit for the Red Raiders' Texas-size dreams goes to Harrell, a native son with quintessential bloodlines. Harrell is the son of a Texas high school football coach who is the son of a Texas high school football coach. His path to glory in Lubbock runs through sidelines of small towns throughout the state, where he grew up on Friday night games and afternoons in the field house.

Sam Harrell, Graham's father, has coached at Ennis High School since 1994, and one does not last that long in one high school football job in Texas without being pragmatic.

When asked in a telephone interview on Sunday if he ever envisioned Tech rising to these heights when his son committed there five years ago, Sam

Harrell did not waste time.

But something is happening in Lubbock. Leach's spread offense, once regarded as a gimmick, is thriving thanks to high-profile players like Harrell and Michael Crabtree. Harrell has thrown for 4,077 yards and 36 touchdowns this season with only five interceptions.

Crabtree has caught 18 touchdown passes after setting an N.C.A.A. record for freshmen with 22 last year.

Their rise to all-American contention has coincided with a bump in recruiting, translating to better defense and special teams and helping Tech's steady evolution into an elite team.

Although Texas Tech's pass-heavy offense contributes to gaudy numbers for its quarterbacks, Harrell said the roots of success were in pure and simple execution.

He said that in his five seasons in Lubbock, Leach had not added any plays and had tweaked only one or two.

None of Leach's quarterbacks have gone on to long N.F.L. careers, but he says Harrell may be different.

But something unforeseen would have to happen for Harrell not to reach New York as a finalist. And Sam Harrell knows exactly how his son's big dream was built: one well-executed play at a time.

And it would certainly resonate in Texas lore, a big dream fulfilled in a place that loves everything bigger.

PRT Schedule

Today

Bike/Elliptical/Treadmill

When: 8 to 11 a.m.

Where: Hangar Bay 2

Nov. 12

Bike/Elliptical/Treadmill

When: 8 to 11 a.m.

Where: Hangar Bay 2

Nov. 14

Outdoor Run

When: 1 to 4 p.m.

Where: Softball field across from the pier

Questions of the Day



BMR

- (1) What was the first naval Jet-powered aircraft?

EAWS



- (2) What does the color light green mean in regards to ammunition?

ESWS



- (3) How many 50 cal. mounts does IKE Have and where are they located?

Answers

(3) Nine total. Four port, five starboard.

(2) Smoke or marker.

(1) F-1 Fury.

IKE's Chemical Warfare Shop Helps Keep Ship Ready to Fight

By MCSN Brandon Hill

—5 Star Staff Writer

Every department aboard the Nimitz-class aircraft carrier USS Dwight D. Eisenhower (CVN 69) has at least one damage control petty officer (DCPO) who is responsible for making sure their spaces are properly maintained. Only one small shop is responsible for making sure all the DCPO's are prepared and properly supplied for keeping their spaces up to standards.

Engineering Department's DC Division's Chemical Warfare shop is responsible for the shipboard damage control petty officer organization. Being in charge of the DCPO organization means making sure every department is supplied with tags, bulls eyes, nuts, bolts and everything any departmental DCPO would need to make sure their spaces are properly maintained.

Chem Warfare's hard work isn't just to help other departments stay organized. In addition to keeping the ships DCPO's organized, they have to store and issue the crews chemical, biological and radiological defense equipment.

"We maintain all of that equipment," says Damage Control Petty Officer 1st Class Joshua Blackburn,



Damage Controlman 3rd Class (SW) Benjamin Hensel and Damage Controlman Fireman Inoke Moa perform maintenance on a CO2 extinguisher. (U.S. Navy photos by Mass Communication Specialist Seaman Brandon Hill)

a Navy reservist working in IKE's Chem Warfare shop. "I think the most important maintenance we do is on all the firefighting equipment."

Maintaining the firefighting equipment makes it possible for the fire party to react to fires quickly and confidently.

"If a fire broke out and the equipment wasn't maintained, the firefighters might have to spend more time looking for their equipment or sorting through equipment that isn't ready to go

fight a fire, which can lead to more damage to the ship or possibly personnel," said Blackburn.

"All Sailors are trained in basic firefighting," Blackburn said. "But we maximize casualty control by having trained experts who know how the equipment is supposed to work and what to do in case it's not working properly. And that's what our job is; making sure all the equipment works the way it's supposed to."

Damage Control Fireman Inoke Moa, who is

responsible for maintenance on hoses and fire extinguishers, knows how important it is for Chem Warfare to be meticulous when it comes to everyday maintenance on the firefighting gear.

"It can be tedious and time consuming," Moa said. "But I understand why it needs to get done. If I get the call to go respond to a fire, I want to know that the gear I'm using is going to protect me and help me put the fire out. That's why I take my job so seriously."

Keeping IKE Safe- One Fire Extinguisher at a Time

Damage Controlman Fireman Inoke Moa performs maintenance on a CO2 extinguisher.



Damage Controlman 1st Class Joshua Blackburn shows Damage Controlman Fireman Inoke Moa how to perform a PMS check.



Damage Controlman 3rd Class (SW) Benjamin Hensel changes out a ventilation filter.



DCFN Moa tests the seal on a MCU-2P gas mask.

**Photos by Mass Communication Specialist
Seaman Brandon Hill**

SAILOR IN THE SPOTLIGHT



Information Systems Technician
(IUSS) 2nd Class
Micheal Motley
Combat Systems

Information Systems Technician Specialist 2nd Class (IUSS) Michael Motley, 36, left his hometown of Chicago to join the Navy on December 3, 1996.

"I didn't want to be another statistic, and I wanted to be able to provide for a family someday," said Motley.

Before joining the Navy, he worked hands-on jobs such as home maintenance, warehouse positions and with the United States Post Office.

Before he reported to IKE, Motley was stationed at the Master of Arms Office in Norfolk, aboard the USS Trenton (LPD14), the USS Dewert (FFG 45), the USS Bradley (FFG), and at the Navy Ocean Processing Facility at Virginia Beach.

Motley currently serves as the work center supervisor for CS35 and in ADP.

Having recently earned a Security Plus certification, Motley is aiming to earn his Enlisted Surface Warfare and Air Warfare qualifications before cruise next year.

A career Sailor, he has set a goal to get promoted Master Chief and he would like to start open his own financial business or an armed security company in his post-Navy career.

After hours, Motley enjoys riding his motorcycle, a good game of basketball and spending time with his six-year-old daughter.

Veteran

From Page 1

sacrifices of all those who fought so valiantly, on the seas, in the air, and on foreign shores, to preserve our heritage of freedom, and let us re-consecrate ourselves to the task of promoting an enduring peace so that their efforts shall not have been in vain."

Today, people celebrate Veterans Day in many different ways. For those in the military, it is a time to reflect and honor those that wore the uniform before, especially those who gave their lives to ensure the nation could continue to live in freedom. ★

National News

States Tighten School Standards on Nutrition

By Patricia Leigh Brown

Courtesy of the Times Digest
PIEDMONT, Calif. — Tommy Cornelius and the other members of the Piedmont High School boys water polo team never expected to find themselves running through school in their Speedos to promote a bake sale across the street. But times have been tough since the school banned homemade brownies and cupcakes.

The old-fashioned school bake sale, once as American as apple pie, is fast becoming obsolete in California, a result of strict new state nutrition standards for public schools that regulate the types of food that can be sold to students.

The Piedmont High

water polo team sells cupcakes, caramel apples and lemon bars off campus in a flagrant act of nutritional disobedience.

Between 500 and 600 school districts now have wellness policies that limit the amount of fat, trans fats, sodium and sugars in food sold or served at school, with the strictest rules aimed at elementary schools, said Jamie Chriqui, a senior research scientist with the Institute for Health Research and Policy at the University of Illinois at Chicago. The idea is that policy interventions to reduce consumption "will do for junk food what smoking bans and taxes did for tobacco," Chriqui said.

In California, sports drinks, which can contain almost as much sugar as soda, are still allowed in

middle and high schools, but sodas, including diet sodas, will be banned from all schools next year. According to the Center for Science in the Public Interest, Kentucky has the strictest regulations on school nutrition, with sugar and sodium limits on beverages that eliminate most standard sports drinks.

The regulatory focus on school nutrition has been gaining ground nationwide in recent years, amid concerns over childhood obesity and a lack of access to healthful food.

Sixteen states have set standards for so-called competitive foods that compete with meals, like à la carte cookies, cinnamon buns and soft drinks. And yes, even bake sales.

MWR Note

IKE's Morale, Welfare and Recreation Division are selling tickets for the Holiday party. The MWR window is open from 9-11 a.m. and noon to 1:30 p.m. in port and is open from 9 to 11 a.m., noon to 4 p.m. and 6 to 9 p.m. underway. The window will be open from 9 to 11 a.m. on Thursday.

COST:

E4 & below = \$5.00/person
E5-E6 = \$15.00/person
E7 & above = \$20.00/person

There is a four ticket limit at these prices. Each additional ticket is \$25.00. The deadline to purchase tickets at these prices is Nov. 25 at noon.

MWR will provide free child care by Navy certified caregivers. Sailors must sign up with MWR no later than Nov. 20 at 7 p.m.

Now Playing on IKE Movies

Channel 5

9 a.m. Midway
 11 a.m. Flags of Our Fathers
 1 p.m. Saving Private Ryan
 3 p.m. Midway
 5 p.m. Flags of Our Fathers
 7 p.m. **CO's Corner**
 7:30 p.m. Training
 8:30 p.m. Pearl Harbor
 10 p.m. Saving Private Ryan
 12 a.m. Midway
 2 a.m. Flags of Our Fathers
 4 a.m. Saving Private Ryan

Channel 6

9 a.m. The Dark Knight
 11 a.m. Alfie
 1 p.m. Die Hard with a Vengeance
 3 p.m. The Dark Knight
 5 p.m. Alfie
 7 p.m. **CO's Corner**
 7:30 p.m. Training
 8:30 p.m. Stepbrothers
 10 p.m. Die Hard with a Vengeance
 12 a.m. The Dark Knight
 2 a.m. Alfie
 4 a.m. Die Hard with a Vengeance

Channel 7

9 a.m. Alpha Dog
 11 a.m. Into the Wild
 1 p.m. There Will Be Blood
 3 p.m. Alpha Dog
 5 p.m. Into the Wild
 7 p.m. **CO's Corner**
 7:30 p.m. Training
 8:30 p.m. Hancock
 10 p.m. There Will Be Blood
 12 a.m. Hancock
 2 a.m. Into the Wild
 4 a.m. There Will Be Blood

Around the World

Africa Agrees to Send Congo Military Advisers

By Jeffrey Gettleman

—Courtesy of the Times Digest

NAIROBI, Kenya — As skirmishes continued to test a shaky cease-fire in eastern Congo on Sunday, southern African leaders agreed to send military advisers to the region immediately, and a peacekeeping force later if necessary.

After a marathon emergency summit meeting in Johannesburg, members of the Southern African Development Community called Sunday for an immediate cease-fire and the opening of safe corridors for aid to get through.

"We are aware we are facing a tragedy and time is not on our side," Tomaz Salamao, the group's executive secretary, said at a midnight news conference.

Rebel forces led by Gen. Laurent Nkunda have been battling Congolese government troops since August in a region where violence has raged on and off for a decade. Human rights groups say that some 250,000 people driven from their homes urgently need assistance.

Salamao said the advisers could arrive as early as Monday. Peacekeeping troops, he said, would be sent "if and when necessary."

A communiqué issued after the meeting said the group's goal was to assist the Congolese Army, and it described Nkunda as a threat to the country's integrity.

"We firmly believe that there is no military solution to the problem," said President Kgalema Motlanthe of South Africa. "We call for an immediate cease-fire to allow humanitarian assistance to the displaced people."

A U.N. spokesman, Lt. Col. Jean-Paul Dietrich, said the fighting on Sunday broke out around dawn in Ngungu, a small village west of Goma, the provincial capital and a strategic trade hub.

Local Mai-Mai militias, who are aligned with the Congolese government and see themselves as protectors of their land, ambushed rebel soldiers with assault rifles. Several dozen men from the two sides then battled each other at close range, Dietrich said.

The skirmish lasted five hours and about 500 people fled Ngungu before U.N. peacekeepers brokered a truce. Preliminary reports indicate that one person was killed and several were wounded.

"The Congolese Army considered this minor fighting," Dietrich said.

Still, U.N. officials said, it was alarming, and it showed the complexity of the multisided conflict that has involved rebels, often predatory government troops, local militias and U.N. peacekeepers.

Fighting like this has flared up several times in the past few days, threatening to plunge eastern Congo back into full-fledged war.



Commanding Officer:

CAPT Dee L. Mewbourne

Public Affairs Officer:

LCDR Thurraya S. Kent

Assistant Public Affairs Officer:

ENS Beth A. Gauck

Visual Information Officer:

ENS Benjamin Addison

Media Department LCPO:

MCC(SW/AW) Michael R. Fitts

Media Production LCPO:

MCC(SW) Bill Mesta

Media Productions LPO:

MC1(SW/AW) Jeffrey McDowell

Editor/Layout and Design:

MC3(SW) Holly Whitfill

Staff Writers and Photographers:

MC3(SW) Patrick Gearhiser

MC3 Zachary Martin

MCSN Nathan Parde

Proudly serving the crew of USS Dwight D. Eisenhower (CVN 69). 5 Star is published by USS Dwight D. Eisenhower's (CVN 69) Media Department for the IKE crew. Contents are not necessarily the views of, nor endorsed by, the U.S. government, the Department of Defense, the Department of the Navy, or the Commanding Officer of USS Dwight D. Eisenhower (CVN 69). Editorial content is prepared and edited by USS Dwight D. Eisenhower's (CVN 69) Media Department. IKE's 5 Star is distributed daily underway and on Fridays inport on the forward and aft mess decks, Flag Mess, the CPO Mess, First Class Mess, Wardrooms I, II and III, RELMIN, MWR, IKE Mall and 7-11.